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The Diet of Strong Men.

on coarse brown bread and sour wine. Hunt, of Warrensburg last October. They were temperate'in diet and regular and constant in exercise. The Spanish peasant works every day and dances half the night, yet eats only his black bread, onions and watermelon. The Smyrna porter eats only a little fruit and some olives, yet he walks off with his load of a hundred pounds. The coolie, fed on rice, is more active and can endure more than the negro fed on fat meat. The heavy work of the world is not done by men who eat the greatest quantity. Moderation in diet seems to be the prerequisite of endurance. - Scientific American.

"A Word to the Wise is Sufficient,"

Catarrh is not simply an inconvenience, unpleasant to the sufferer and disgusting to others-it is an advanced outpost of approaching disease of worse type. Do not neglect its warning; it brings deadly evils in its train. Before it is too late, use Dr. Sage's Catarrh Remedy. It reaches the seat of the ailment, and is the only thing that will. You may dose yourself with quack medicines 'till it is too late-'till the streamlet becomes a resistless torrent. It is the matured invention of a scientific physician. "A word to the wise is sufficient."

An international conference of medical men was lately held in London, at which the best method of treating mebriety had a prominent says: "The key-note struck by the president in his opening address, that inebriety is a disease, for which the only cure is the total separation of the sufferer from the object of his craving until a complete cure has been effected, and the organs deranged by the action of alcohal have been restored to their normal condi tion, was generally indorsed as established by the observation of those who had thoroughly studied the question from a scientific standpoint. The results of the treatment of incbriates at the Dalrymple Home homes in America, show that cure is that further legislation is necessary to permit of drunkards being placed compulsorily in such homes.' Drunkenness or the Liquor Habit Post

Haines' Golden Specific. It can be given in a cup of coffee or tea without the knowledge of the person taking it; is absolutely harmless and will effect a permannent and speedy cure, whether the patient is a moderate drinker or an alcoholic wreck. Thousands of drunkards have been made temperate men who have taken Golden Specific in their coffee witnout their knowledge, and to-day believe they quit drinking of their own free will. IT NEVER On account of their inability to di-FAILS. The system once impreg- gest food, will find a most marvelous nated with the Speciffic it becomes an food and remedy in Scott's Emulsion utter impossibility for the liquor of Pure Cod Liver Oil with Hypoappetite to exist. For full partic- phosphites. Very pelatable and

tively Cured by administering Dr.

THOMAS COOK, the organizer of Cook's tours, has been a total abstainer for fifty years, declaring that in his numerous voyages in all parts of the world he has been faithful to his pledge, and has never suffered there-

Astonishing Success,
It is the duty of every person who has used Boschee's German Syrup to let its wonderful qualities be known to their friends in curing Consumption, severe Colds, Croup, Asthma, Pneumonia, and in fact, all throat and lung diseases. No person can use it without immediate relief. Three doses will relieve son can use it without immediate relief. Three doses will relieve ty of all druggists to recommend it to he poor, dying consumptive, at least to try one by the a sonometry to children.

It is the duty of every person who has used Boschee's German Syrup to let its wonderful qualities be known to their friends in curing Consumption, severe Colds, Croup, Asthma, Pneumonia, and in fact, all throat and lung diseases. No person can use it without immediate relief. Three doses will relieve to the poor, dying consumptive, at least to try one by the a sonometry and least to try one by the a sonometry and least to try one by the as 80,000 degree. States and Canada

"Way should I arrest him, since by getting drunk he supports the government?" This was the answer a native policeman returned to a missionary who had complained about a drunken, disorderly native. -The Indian Witness, Calcutta.

Their Business Booming.

Probably no one thing has caused such a general revival of trade at W. C. Gaston & Co.'s drug store as their giving away to their customers of so many free trial bottles of Dr. King's New Discovery for Consumption. Their trade is simply enormous in this very valuable article from the fact that it always cures and never disappoints. Coughs, colds, asthms, bronchitis, croup, and all throat and lung diseases quickly cured. You can test it before buying by getting a trial bottle free. Every bottle warranted.

DR. McGLYNN is to have a newspaper, to be called the Evening Standard, at New York.

ROBERT G. HUNT, the grand master Mason of Missouri, has sent forth an edict to subordinate lodges to expel all who engage in the liquor selling business. The grand lodge of the state, in session of 1882, adopted the following resolution: Resolved: That the business of saloon-keeping 's hereby declared a Masonic offense, The Roman soldiers who built such and those engaged in it are liable to wonderful roads and carried a weight be dealt with for unmasonic conof armor and luggage that would duct." The law remained a dead crush the average farm hand, lived letter until the election of Robert G.

The Richest Man in the World would be poor without health. The dying millionaire consumptive would exchange all he is worth for a new lease of life. He would have had it for a song had he used Dr Pierce's "Golden Medical Discovery" before the disease had reached its last stages. This wonderful preparation is a positive cure for consumption if taken in time. For all diseases of the throat and lungs it is unequaled. All druggists.

Sixty deaths from alcoholism occurring within a few days at Kansas City recently, led to an investigation. Barrel-house whisky, at five cents a glass, was the cause. The whisky was adulterated, and contained large quantities of aconite and arsenic.

Bucklen's Arnica Salve.

The best Salve in the world for Cuts, Bruises, Sores, Ulcers, Salt Rheum, Fever Sores, Tetter, Chapped Hands, Chilblains, Corns, and all Skin Eruptions, and positively cures Piles, or no pay required. It is guaranteed to give perfect satisfaction, or money refunded. Price 25 cents per box. For sale by W. C. Gaston & Co.

Some startling statistics have just been published relative to the growth of alcoholism in France. An authority has estimated at one milliard place. The London Christian World (£40,000,000) the amount of intoxicating liquors consumed by the working classes in that country an-

A GIFT .- Go to Martin & Applegate druggists, Keytesville, and get a bottle FREE of the Great South American Nervine Tonic and Stomach and Liver cure. It is by all odds the most powerful and astonish ing cure for disease, all forms of weakness and failing health ever imported into North America. This cures when everything else fails.

READ TESTIMONIAL BELOW Ed. J. Brown, druggist, of Edina, at Rickmansworth, and at similar Mo., writes: "My health had been very poor for years, I only weighed DLAT NEDD cure and successful possible; but it was strongly urged 110 pounds when I commenced using home, by one who was deaf 28 years. "Nervine Tonic," I have used two an I am much stronger and better Full par iculars sent on application. than he has been for 5 years. My customers see what it has done for me and bny it eagerly. It gives great satisfaction.

IT is announced that the superintendent of the Schuytkill division of the Reading railroad has directed the summary dismissal of any man who is reported to have been seen drinking a single glass of spirits or or beer, even when off duty.

Children Starving to Death

ulars ,address GOLDEN SPECIFIC easily digested. Dr. S. W. Cohen, CO., 185 Race st., Cincinnati, O, Waco, Texas, says: "I have used your Emulsion in Infantile wasting with good results. It not only restores wasted tissues, but gives strength and increases the appetite I am glad to use such a reliable artiele." Dr. Charles C Garrett, Calvert, Texas, says: "I have used your Emulsion for over a year, and have derived much benefit from it in

least to try one b ttie, as 80,000 dcz. the complaints incident to childhood. en bottles were sold last year, and no Let the children take Simmons Liver one case where it failed was report- R gulator and keep well. It is tence in the Minnesota penitentiary ed. Such a medicine as the German purely vegetable, not unpleasant to is about to engage in journalism. A Syrup cannot be too widely known. the taste and safe to take alone or in weekly paper is to be started in the Ask your druggist about it. Sam- connection with other medicine. The prison, of which he will be associate ple bottles to try, s.ld at 10 cents. Genuine has our Trade Mark "Z" in Regular size 75 cents. Sold by all red on front of wrapper. J. H. Zei-Druggests and Dealers in the United lin & Co., Philadelphia, Pa. 2514

Children Cry for Pitcher's Castoria.

excursion to San Francisco.

When Baby was sick, we gave her Castoria. When she was a Child, she cried for Castoria. When she became Miss, she clung to Castoria, When she had Children, she gave them Castoria.



Up to a few weeks ago I considered

myself the champion Dyspeptic of America. During the years that I have been afflicted I have tried almost everything claimed to be a specific for Dyspepsia in the hope of finding something that would afford permanent relief. I had about made up my mind to abandon all medi-cines when I noticed an endorsement of Simmons Liver Regulator by a prominent Georgian, a jurist whom I knew, and concluded to try its effects in my case. I have used but two bottles, and am satisfied that I have struck the right thing at last. I felt its beneficial effects almost immediately. Unlike all other prepara-tions of a similar kind, no special instructions are required as to what one shall or shall not eat. This fact alone ought to commend it to all troubled with Dyspepsia. J. N. HOLMES,

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STR.CTLY VEGETABLE. Cure Constipation, Indigestion, Dyspepsia, Piles, Sick Headache, Liver Complaints, Loss of Ap-petite, Billousness, Nervousness, Jaundice, etc. For Sale by all Druggists. Price, 25 Cents. PACIFIC MANUFACTURING CO., ST. LOUIS, MO.

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and all Germ Diseases.

COLE YOUNGER, the notorious Missouri bandit, now serving a life sen- AUGUST 30th, editor. Lew Schoomaker, another convict, will be editor in chief. The Youngers are taking hold of the New York firemen are to make an learned professions. Cole is an editor and Bob a preacher. The other brother seems to be the family fool. and contents bimself with making the endless chain for grain threshers.—Carrellion Democrat.

Remember, when in need of groceries, that Chapman & Agee will not be undersold.

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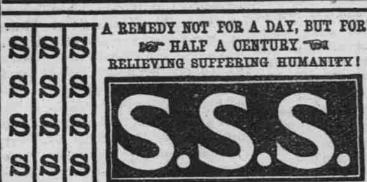
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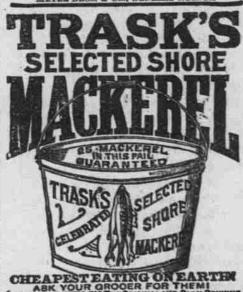
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